

# The Villager

Volume 16 | Issue 1

January 2018

*January 2018*



## VOTI'S WILD SIDE

Submitted by Paula Gorgoglione and Bonnie Hurley



*Palm Warbler*

### **Palm Warbler**

Along with human Winter residents, nature's original snow-birds have arrived, including 5-inch Palm

Warblers some of whom can be seen on the VOTI campus. They mainly breed in boggy Canadian arboreal forests, where their plumage is brighter chestnut and yellow than what we see. Warblers often flit so high in trees that birders suffer "warbler's neck" from holding their stiff chin-high poses in search of them. We are fortunate that Palm Warblers forage on or near the ground here at VOTI. You can spot them easily because they show their yellow undertail covert feathers as they constantly bob their tails up and down while moving in lower branches and on our lawns. "Palm Warbler" seems an odd name for a bird that nests in Canada's woodlands but they are migrants; a specimen collected in winter on Hispaniola, a Caribbean Island with lots of palms, was the basis for its name. Palm Warblers are the commonest winter warbler in Gulf-Coast and southern Florida. Populations are fairly stable but lighted communication towers have been a problem. One Florida TV tower caused the death of more than 1800 Palm Warbler's over a 25-year period.

## **VENICE HISTORICAL SOCIETY**

Tuesday, January 16 • Bus Departs 6:15 PM  
Universalist Unitarian Church

*Topic: The Unknown Heroes of Florida's Civil Rights Movement. Presenter: Dr. Gary Mormino*

Dr. Mormino is Professor Emeritus of History and co-founder of Florida Studies Dept. at USF, St. Petersburg. This is the first program in a series of five that will focus on the Civil Rights Era.

## **FROM THE AUXILIARY**

*Submitted by Carol Patterson*

Happy New Year! We start a new year after a successful 2017 and hope we can do as well or better in 2018.

My goal in 2018 is to come up with a new fund raiser idea to be held in the spring.

Residents are always welcome to visit our meeting the first Wednesday of the month at 10:15 AM in the Venetian Room.

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## **THE VILLAGE STORE**

*Submitted by Jean Chapman*

My heartfelt thanks to the many volunteers that helped make the "Christmas in November" a great success. Considering that we did this by ourselves without joining the crafters, we made over \$400-plus on our own.

We had lots of Christmas items for sale which we stored in my apartment. Judie Minta, Alicia Bauer, and Marie Bechtel spent over two months (off and on) pricing items, putting ornaments in little bags, restoring the more worn items. It was lots of work, but we also had many laughs - enjoying each other's company.

As 2017 winds down, my thanks again to our financial committee: Gerry Bowker, Chair, Donna Hayden, and Carol Schweitzer. They keep us afloat as do the many daily workers. Hats off to all of you.

Have a healthy and happy 2018. We will have new merchandise in January. We usually refresh the store once a week. Come and visit! Buy cards, brick-a-bracs, or snacks.

Thanks again, everyone.

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## **THE CRAFT SHOW**

*Submitted by Dolores Balla*

Big thank you to everyone who made the Craft Show a huge success.



# Getting To Know Your Neighbor

*Submitted by Nancy Chattfield and Elaine Cunningham*



## **Peter and Elaine Cunningham**

Elaine was born in Galesburg, IL in 1938. After her fourth child began school, she attended Parkland College for her Dental Hygiene degree, then the University of Illinois, Champaign/Urbana campus. She obtained a masters degree in Adult and Continuing Education. While working on her doctorate, she attended a dental teaching conference in Chicago in 1975 and met Peter.

Peter was born in Albuquerque, New Mexico in 1936. After attending the University of New Mexico, he went on to Loyola University School of Dentistry in Chicago.

In 1962, he joined the Navy and was stationed in Newport, Rhode Island and Barbers Point Naval Air Station, Hawaii. After naval service, Peter taught dentistry in Buffalo, NY for seven years. He then taught at the University of Colorado School of Dentistry in Denver, where he was Assistant Dean. They married June 6, 1976. That year, they moved to Cairo, Egypt, working with Project Hope. The second and third years found them in Alexandria, traveling back and forth between the Hope offices with Peter as Director of Project Hope Egypt coordinating 35 health professionals on staff. Elaine directed a medical health professional exchange program between Egypt and the US.

After three years there, they moved to Taipei, Taiwan, where they had visiting professorships at Chang Gung Memorial Hospital for one-and one-half years. In 1981 they joined the Saudi Arabian Oil Co. (ARAMCO) and worked in that country for 14 years. Elaine helped build

and teach a training program for Saudi male and female dental hygienists and assistants. Peter directed a program to send newly graduated Saudi dentists to the US for advanced training. While in Saudi Arabia, Elaine learned the art of off-loom weaving and basket making. Two of her pieces were purchased by the Saudi Royal Prince of the Eastern Province for his personal collection.

The Cunninghams enjoyed a lot of desert camping in the winter, using a 4-wheel drive vehicle. Retiring in 1995, they drove from Saudi Arabia through Jordan, Syria and Turkey to their home in Greece. Back in the USA, they moved to Hot Springs Village, Arkansas and, in 1999, to Nokomis, FL, where they could live on the water. Peter and Elaine each have four children, scattered around the U.S. and one in Senegal. The Cunninghams moved into VOTI in June, 2017. In the summers, they still go to their home on a remote island in Greece.

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## **JANUARY FORUM**

**Bob Mudge, Venice Gondolier**  
**Monday, January 8 • 10:00 AM • RR I**

Bob Mudge, senior staff writer at the Venice Gondolier, will be our speaker. Bob has been the editor, the business editor, the South Venice editor and the city rep. He has won 30 state and national



journalism awards in his 17 years of writing. When he was editor, the paper was named best in state nine times by the Florida Press Association.

Prior to entering journalism he practiced law in the area for 15 years. He will talk about Venice and the paper and will answer any questions about those topics or any others you might have. He has a great sense of humor.

# Congratulations!

## January Birthdays

JANUARY

Barbara Barnes	MM 419	14
Franklin Goldberg	MM 524	14
Jack Drda	MH 614	02
Elaine Oetting	MH 115	04
Dotty Smith	MH 409	04
Kitty Parry	MH 530	07
Genevieve VanBuskirk	MH 617	10
Ruth Wittig	MH 618	10
Peter Hurley	MH 616	12
Betty Feder	MH 106	13
Jean Mosby	MH 424	14
Jodie Newton	MH 214	14
Marqueta Landis	MH 102	15
Frances Klock	MH 207	16
Madeline Horvath	MH 517	24
Jean Mead	MH 520	25
Bob Plough	MH 331	28
Leonard Brodeur	MH 417	29
Helene Pribnow	MH 317	30
Diane Brown	TH 451	01
Caroline Giambattista	TH 357	21
Dorothy Brown	TH 252	22
Keith Backhaus	TH 553	24

## Welcome New Residents

Joyce Gibson MH 611

## THANK YOU-THANK YOU FROM THE GRATUITY COMMITTEE

*Submitted by Garland Reedy*

\$119,100 total was collected for 260 employees. \$746 was the top amount given and \$30 was the bottom given.

Mere words are not sufficient to express our gratitude to you our residents, friends and supporters for making this the best party, ever. Again thank you.



## JANUARY MID-WEEK WORSHIP

Wednesdays • 9:30AM - 10:00AM • RR I

### January 3

Rev. Ashley Nicholls  
St. Paul Lutheran Church

### January 10

Jim MacInness  
The Fisherman's Net Revival Center  
*Dan Horswell, Guitar Sing-Along*

### January 17

Capt. Nicolle Bell  
The Salvation Army

### January 24

Rev. Burke Johnson  
Venice Presbyterian Church  
Clyde Roberts, Vocal "He Touched Me"

### January 31

Rev. Allen Mitchell  
South Venice Baptist Church

## CHURCH BUS SCHEDULE

### Fall Schedule

*Schedule subject to change due to Season*

<b>8:15 AM</b>	First Baptist
<b>8:15 AM</b>	Epiphany Cathedral
<b>9:15 AM</b>	St. Mark's Episcopal
<b>9:45 AM</b>	Emmanuel Lutheran
<b>10:15 AM</b>	Grace United Methodist
<b>10:30 AM</b>	Venice Presbyterian

## SINCERE THANKS!

*Submitted by Chaplain Don, Advancement Officer*

To everyone (residents, families, trustees and friends), your gifts to the Village Partners Fund in 2017 were much appreciated. Donations were received by means of cash, payroll deductions, monthly additions to statements, stocks, bequests and estate planned gifts. The fund continues to be a source of strength for the well-being of the community as a supplement to the VOTI annual budget. Additional gifts received on or before, January 10, 2018 may be credited to 2017 if earmarked. So, thanks to one and all.

## FROM MARY'S BOUTIQUE

*Submitted by Marqueta Landis, Manager*

Mary's Boutique will re-open on Wednesday, January 3 at 10:00 AM.

We are planning to have our fifth "Jewelry Fair" in February. Start checking your jewelry and feel free to donate anything you no longer wear or need. Please bring to the Boutique when we're open on Wednesday, Thursday and Saturday from 10:00 AM - 12:00 Noon. Please do not hang jewelry donations on the door. Contact Phyllis Brown at 5408 in Trinity Hall, Ruth Tacy at 5099 in Matthew Hall or Marqueta Landis at 5001 in Matthew Hall will be glad to receive your donations personally.

Mary's Boutique would not be here if it weren't for your generous donations. Thank you!

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## NEW NAME AND PURPOSE FOR BOOK GROUP

Tuesday, January 9 • 3:00 PM • MH 3rd

The old "Contemporary Book Club" has a new name and purpose. "What are you Reading?" is always a good conversation starter so we propose that name for a book group that will meet monthly. Come prepared to talk for a few minutes about "books on my nightstand" and why you find one or two of them especially engaging (or not). The first meeting will be at 3 p.m. on Tuesday, January 9th in the community room on Matthew Hall's 3rd floor. If this time and day (second Tuesday) is not good for you, please call Mary Gerney with another suggestion for a future date and time.

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## EVERYONE IS INVITED TO BLESSING AND GROUNDBREAKING

Thursday, January 11 • 9:30 & 11:00 AM

The new Health Center Groundbreaking ceremony will begin at 9:30 AM, followed by the Emerald Terraces Residences Groundbreaking ceremony at 11:00 AM. Look for flyers with exact locations.

## WELLNESS HAPPENINGS:

### Blood Pressure Clinics:

Matthew Hall: MH 3rd floor lounge

Friday, January 5 - 1:00-1:30 PM

Friday, January 17 - 1:00-1:30 PM

Trinity Hall: Phoenix Room

Wednesday, January 10 - 1:00-1:30 PM



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## HEARING CLINICS HAS MOVED

Please note that the Meals On Wheels has a new location in Mark Manor. It is now located on the first floor. Go to your right and its at the end of the hallway.

### Medical Gardens Hearing Clinic:

Meals on Wheels Room in Mark Manor

Tuesday, January 9 - 1:00-2:00 PM

Ears checked for wax, replace batteries and discuss hearing aid concerns.

### Contemporary Hearing Clinic:

Meals on Wheels Room in Mark Manor

Monday, January 15 - 1:00-4:00 PM

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## FITNESS ROOM EQUIPMENT

Fitness Studio • MH 2nd

Susan Haley, Resident Services Coordinator is available by appointment to orient residents to the fitness equipment in the Matthew and Trinity Hall Fitness Studio. Call extension 1139 to schedule a time.

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## ACTIVE MINDS LECTURE

Thursday, January 4 • 2:00 PM • RR 1

Topic: Football



The most popular sport in America, football is both entertainment and big business. Join Active Minds as we trace the history of the game from Johnny Unitas to Peyton Manning, telling a few of the great stories of the game along the way. We'll also cover some of the sport's current challenges and opportunities, including player concussions and the rise of fantasy football.



*Submitted by Susan Haley, Resident Service Coordinator*

## **CAREGIVER STRESS: TIPS FOR TAKING CARE OF YOURSELF**

By Mayo Clinic

**Caring for a loved one strains even the most resilient people. If you're a caregiver, take steps to preserve your own health and well-being. (Part one of a two-part Series)**

As the population ages, more caregiving is being provided by people who aren't health care professionals. These informal caregivers provide 80 percent of long-term care in the United States.

A caregiver is anyone who provides help to another person in need, such as an ill spouse or partner, a disabled child, or an aging relative. However, family members who are actively caring for an older adult often don't self-identify as a "caregiver." Recognizing this role can help caregivers receive the support they need.

### **Caregiving is rewarding but stressful**

Caregiving can have many rewards. For most caregivers, being there when a loved one needs you is a core value and something you wish to provide.

But a shift in roles and emotions is almost certain. It is natural to feel angry, frustrated, exhausted, alone or sad. Caregiver stress – the emotional and physical stress of caregiving – is common. People who experience caregiver stress can be vulnerable to changes in their own health. Risk factors for caregiver stress include:

- Being female
- Having fewer years of formal education
- Living with the person you are caring for
- Social isolation
- Having depression
- Financial difficulties
- Higher number of hours spent caregiving
- Lack of coping skills and difficulty solving problems
- Lack of choice in being a caregiver

### **Signs of Caregiver Stress**

As a caregiver, you may be so focused on your loved one that you don't realize that your own health and well-being are suffering. Watch for these signs of caregiver stress:

- Feeling overwhelmed or constantly worried
- Feeling tired most of the time
- Sleeping too much or too little
- Gaining or losing a lot of weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches, bodily pain or other physical problems
- Abusing alcohol or drugs, including prescription medications

Too much stress, especially over a long time, can harm your health. As a caregiver, you're more likely to experience symptoms of depression or anxiety. In addition, you may not get enough sleep or physical activity, or eat a balanced diet – which increases your risk of medical problems, such as heart disease and diabetes.

*Next month we will look at Strategies for dealing with caregiver stress.*

I made myself a snowball  
As perfect as can be  
I thought I'd keep it as a pet  
And let it sleep with me  
made it some pajamas  
And a pillow for its head  
Then last night it ran away  
But first—it wet the bed!

## **SHUFFLEBOARD**

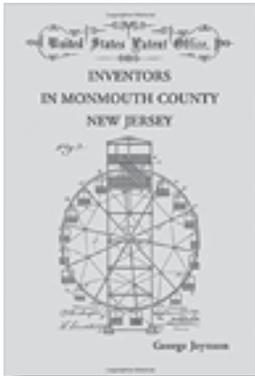
Stay young, get fit and  
Socialize with your  
fellow residents

Monday, Wednesday  
and Friday • 11:00 AM  
Shuffleboard Courts

## TRINITY HALL LIBRARY NEWS

Submitted by Marian Pell, TH Librarian

Start the new year off by reading a book! A recently donated novel, *Shamon* by Noah Gordon, is a good start. *Shamon* is a generational saga of a young doctor who travels from his politically ravaged homeland of Scotland through the operating rooms of mid-nineteenth century Boston to the log cabins of frontier Illinois and on to the war torn fields of Gettysburg.



Perhaps a non-fiction book would be a good choice to read. George Joynson, son of Village On The Isle resident George Joynson, has written a book in paperback form, looking at the lives of the inventors of Monmouth County, New Jersey.

He tells of a colonel at Fort Monmouth who waited twelve years for his patent on radar to be approved. An interesting account of his experience is recalled. He also writes about an African American inventor, born about 1877, who patented a snake in the box for children, designed as an educational toy, which is still made today. The book, *Inventors in Monmouth County New Jersey*, may be found in the library book nook.

So put Trinity library on your “things to do” list and stop by!

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## LEARN THE ART OF ORIGAMI

Monday, January 22 • 1:00 PM • VR I & II

On Monday, January 22nd, Crafty Creations will include a segment on Origami practice.

Bring paper (square paper, if possible), patience, and any patterns you already know how to fold and would like to share. Bonnie Hurley will provide some paper.

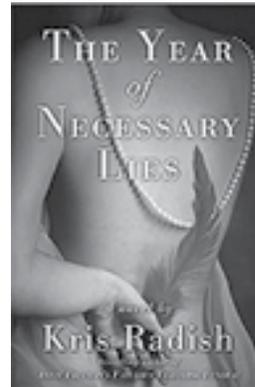


## MATTHEW HALL LIBRARY NEWS

Submitted by Dotty Smith, MH Librarian



*The Year of Necessary Lies*, by Kriss Radish. (written in 2015). It is a memorable and beautifully written novel. It's about standing up for



your beliefs and staying true to yourself regardless of the cost. Julia Briton is a naive, beautiful Boston socialite who suffers a series of devastating losses and discovers that her beloved husband is involved in the plume trade-

the massive slaughter of birds for use in the fashion industry. When Julia is secretly ushered into the early 20th century by a group of brazen female activists, she boldly risks everything and embarks on a perilous journey to the wilds of untamed Florida, a place of great danger where men will stop at nothing to get what they want and where one man, and a faithful friend, force her to make yet more life-changing decisions. What this leads to is a huge surprise!

New residents can read the simple process of checking out and returning books as it is displayed on the desk between the front and back of the library.

To donate books please first call Dotty at 5090 for a brief clarification.

Happy reading in the New Year!

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## LIBRARY BOOK CLUB

Tuesday, January 16 • 3:00 PM • MH 424

The Library Book Club will be discussing the novel, *Light Between Oceans*, by M. L. Stedman. Everyone is invited to join the discussion.

## A MESSAGE FROM THE RESIDENT SCHOLARSHIP COMMITTEE

*Submitted by Jean Chapman*

The Scholarship Committee, along with the help of Christine Clyne, our Human Resources Director, has set up a new policy and application for scholarship recipients. The following gives you an idea of how we are approaching our future scholarship recipients. Any questions: please call any scholarship member or Jean Chapman at extension 5122.

The Resident Scholarship fund program solicits and collects funds from Village On The Isle residents in order to encourage and support employees who want to earn an associate's, bachelor's, masters or doctoral degree from an accredited college or university; or a professional/trade certificate from an accredited technical school. This policy supersedes any previously published policy, communication or presentation regarding the Resident Scholarship Fund program. The Resident Scholarship Committee reserves the right to adopt, revise, remove or waive this policy at their sole discretion.

All non-management full-time hourly and part-time hourly employees are eligible to apply for the scholarship program after six months of continuous service.

The Committee is pleased to announce the roll out of the Resident Scholarship Program with a few enhancements designed to increase participation in the program and to streamline the process for scholarship applicants.

*The Enhancements include:*

**Continuous Application** - Employees can apply for the scholarship every semester. Completed applications are due in Human Resources 45 days before the start of each semester.

**Set Scholarship Amounts Per Enrolled Course** - Using the state public university tuition rate as its award guidelines, the committee will award \$600 per undergraduate course per semester and \$1,250 per graduate course per semester. For example, if an employee enrolls in 3 undergraduate courses in a semester, the employee may receive \$1,800 for that semester. the annual maximum scholarship paid in any calendar year for all approved course is \$5,000.

## Don't Miss All Of The Fun

Look at all of the fun that your neighbors are having. Don't forget to sign up outside the Hibiscus Dining Room and join in all the events.



Village  
On  
The Isle

### Village On The Isle MISSION STATEMENT

VILLAGE ON THE ISLE is a not-for-profit continuing care retirement community affiliated with the Evangelical Lutheran Church in America.

We are committed to sharing God's love by promoting individual growth and dignity, enhancing the quality of life and meeting the human and spiritual needs of our residents, staff and community.